

Grilled Chicken with Colorado Cherry Marmalade and 7 Vegetable Salad

Serves 4

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Colorado Cherry Marmalade

1 tbl	Butter
1 cup	Red Onion, diced small
3 cups	Colorado Cherries, pitted and cut in half
½ cup	Cider Vinegar
2 tbl	Brown Sugar
½ cup	Orange Juice
	Zest of 1 orange

Melt the butter in a small sauce pan and add the onions. Cook until the onion begins to brown and add remaining ingredients. Cook until the liquid has reduced by ½. Cool uncovered in the refrigerator.

7 Vegetable Salad

1 cup	Broccoli, florets only, cut very small
1 cup	Green Beans, cut small
1 cup	Pinto Beans, soaked overnight, cooked and cooled
½ cup	Beets, boiled, peeled and diced small
½ cup	Tomatoes, diced small
½ cup	Sweet Corn, diced small
¼ cup	Extra Virgin Olive Oil
2 tbl	Lemon Juice, fresh squeezed
1 tsp	Italian Herb Blend
1 tsp	Kosher Salt
½ tsp	Black Pepper

Blanch the broccoli and green beans in boiling water until bright in color and still firm to the bite. Cool and set aside. Roast the beets in the oven at 350 degrees for 15-20 minutes, or until lightly browned. Cool and set aside. Mix together all of the vegetables in a bowl. In a separate bowl, combine the oil, lemon juice, and seasonings and mix well. Toss the vegetables with the dressing and let sit for 1 hour before service.

Grilled Chicken

4 ea	Boneless Chicken breasts, locally raised
	Mesquite Marinade (mesquite spice blend, water, oil) or your favorite marinade.

Cook chicken on the grill until cooked through – 165 degrees internal temperature. Plate the chicken with the 7 vegetable salad and top with the cherry marmalade, or serve family style. Enjoy!!!